

69, Arcot Road, Cheyyar – 604407, Thiruvannamalai District,

(Opp Government Boys Higher Secondary School)

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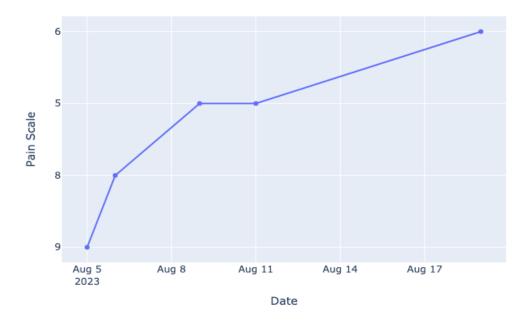
Name	Mathew Jackie Matt		
Age	21		
Gender	Female		
Referred by	Dr. Jack Rose		
Chief Complaint	Headache matters a lot		
Previous Treatment Taken	No we haven't taken, many therapy		
Diagnosis	asdfghjkl		
Duration	5		
Treatment Given	wefwef		
Home Advice	hrhreh		
Next Review	2023-08-12		

## **Exercise Plan:**

Sr No	Name of Exercise	Reps	Sets	No of Days	Next Review
1	Side Monster Walk	3	2	0	2023-08-05
2	Single Leg Small Knee Bend With	4	3	0	2023-08-06
3	Chair Support Adductor Strengthening	2	4	0	2023-08-12

## Pain Scale Graph during the Treatment Period:

## Pain Scale Graph



## **Daywise Exercise Analysis:**

Date	Pain Scale	Comments
2023-08-05	9	Heavy Pain
2023-08-06	8	Pain is reducing
2023-08-09	5	Heavy Pain
2023-08-11	5	Pain is reducing
2023-08-19	6	Heavy Pain